

Cooking for Kids

Recipe Sizing Report

000488 - General Tso Chicken CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051520 Chicken, Diced, Cooked, Frozen.....	4 lbs + 4 1/4 ozs	1. Preheat oven to 350° F. Spread a single layer of chicken evenly on a sheet pan, or 18 x 13 inch pan, with parchment paper. 2. Bake from frozen state in oven for 20-25 minutes until internal temperature reaches 165° F.
011090 BROCCOLI,RAW..... 011821 PEPPERS,SWT,RED,RAW..... 011282 ONIONS,RAW..... 799939 GARLIC,RAW..... 011216 GINGER ROOT,RAW.....	3 2/3 cup 2 1/8 cup 1 1/8 cup 1 Tbsp + 3/8 tsp 1 5/8 tsp	3. Cut broccoli florets in halves, slice red bell peppers and onions, and mince garlic and ginger.
004058 OIL,SESAME,SALAD OR COOKING... 050385 OIL, VEGETABLE..... 000084 CHICKEN STOCK.....	1 Tbsp + 3/8 tsp 1 Tbsp + 3/8 tsp 1 Tbsp + 3/8 tsp	4. Heat a braising pan and add oils. Stir fry vegetables for about 5 minutes. Add the chicken broth and stir.
902942 General Tso Sauce..... 027047 SAUCE,SALSA,VERDE,RTS.....	3 1/8 cups 1 Tbsp + 3/8 tsp	5. Add the general Tso sauce and the salsa. Simmer for about 5 minutes. 6. Add chicken and stir. Hold in oven on warm setting for up to 15 minutes before service.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	168 kcal	Cholesterol	57 mg	Sugars	*6.8* g	Calcium	8.57 mg	25.70%	Calories from Total Fat
Total Fat	4.80 g	Sodium	361 mg	Protein	16.89 g	Iron	0.64 mg	1.08%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	13.25 g	Vitamin A	324.0 IU	Water ¹	*24.17* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.61 g	Vitamin C	23.6 mg	Ash ¹	*0.19* g	31.55%	Calories from Carbohydrates
								40.21%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.